

ACE

for Soldiers

Ask, Care, Escort

A♥

Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

TA - 095 - 0510

National Suicide Prevention Lifeline
1-800-273-8255 (TALK) PRESS 1 for the Vet



USAPHC <http://aphc.armod.army.mil/>

Military Crisis Line
(National Suicide Prevention Lifeline)

800-273-TALK (8255)
press 1
(text 838255)

www.militarycrisisline.net
(online chat)

Your Mission...

My Mission...

Our Mission...

AMERICA'S ARMY:
THE STRENGTH OF THE NATION

ARMY SUICIDE
PREVENTION MONTH

over
100,000
copies
sold!

COMM
SENS
TRAINING

A WORK
PHILOSOPHY
FOR LEADERS

Shoulder
Standing Res



Be Aware of What is in Your Ruck...

don't just suck it up.



Risk Factors

- Failed relationships
- Family history of suicide
- Prior suicide attempt
- Poor social skills
- Mood disorders (depression/PTSD)
- Drug/Alcohol abuse
- Financial Stress
- Legal (UCMJ/non-judicial) problems
- Access to lethal means

Protective Factors

- Social relationships (family, friends, buddies)
- Available health care (physical/mental)
- Coping ability
- Belief in a higher power, faith.
- Participation in group activities
- Getting help when needed
- Personal/Professional values

*When your ruck is out
of balance, there are
WARNING SIGNS*



Ask your buddy
• Have the courage to ask the question, but s
• Ask the question
Are you thinking
yourself?

Care for your
• Calmly confront
do not use
• Actively listen
stand
• Remember
means
for se

your buddy
• Leave your buddy
• Report to chain of command
• Explain, behavioral health
professional, or primary
provider
• Call the National Suicide
Prevention Lifeline
TA - 095 - 0510

Warning Signs...

Alcohol or
Substance
Abuse

Talk about
killing
oneself

Feeling
hopeless,
helpless,
sadness

Mood
changes

Giving things
away

Relation-
ship
Issues

CHANGES
IN
BEHAVIOR

Disturbing
texts, posts,
emails,
pictures

Financial
or Legal
Problems

Withdrawal
from friends
and family

Be aware of
WARNING SIGNS

Put the PUZZLE
together!!

- Buddy**
- Have the courage to ask a question, but stay calm
 - Ask the question directly: Are you thinking of killing yourself?

Care for your friend

- Calmly control your emotions; do not use force
- Actively listen and stand by your friend
- Remove a weapon if possible

Military Crisis Line
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800-273-TALK
(text 2383)
www.militarycrisisline.com

LEVEL 1

How was the weekend? How was your TDY? How is the family? How is work?

LEVEL 2

You seem off your game... down, what is worrying you?

LEVEL 3

What can I do to help you?

LEVEL 4

Are you thinking about killing yourself?

A♥

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- Ask the question directly: Are you thinking of killing yourself?

HOW DO I ASK?



National Suicide Prevention Lifeline:
1-800-273-8255 (TALK) PRESS 1 for the Veteran's Crisis Line

USAPHC
<http://phc.army.mil>

A♥

**IF YOU SEE
WARNING
SIGNS
ASK!**

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(text 838255)

www.militarycrisisline.net
(online chat)

**REALLY
LISTEN
AND
CARE!**

A **HOW DO I CARE?**

Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury



National Suicide Prevention Lifeline:
1-800-273-8255 (TALK) PRESS "1" for the Veteran's Crisis Line

USAPHC <http://phc.amedd.army.mil/>

LEVEL 1

I may not be able to understand exactly how you feel, but I do care about you. I want to help.

LEVEL 2

ACTIVE LISTENING:
*Let me make sure I understand.
Do you mean...?*

LEVEL 3

*You're not alone.
I'm here for you.*

LEVEL 4

*I've got your back to get
you through this.*



LEVEL 1

*DO NOT
leave your buddy alone—period!*

LEVEL 2

*TAKE your buddy to the ER,
or Chaplain. But don't force them!*

LEVEL 3

*If they won't go,
call help to come to you.
Dial 911.*

LEVEL 4

*If you are on
the phone or texting,
KEEP THEM TALKING.
Find out where they are.
Send help!*

A ♡ HOW DO I ESCORT?



National Suicide Prevention Lifeline:
1-800-273-8255 (TALK) PRESS "1" for the Veteran's Crisis Line

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline



USAPHC <https://phc.amedd.army.mil/>

**ESCORT
IS YOUR
DUTY!**

Military Crisis
(National Suicide Prevention)
800-273-TALK

SPC Kevin Andrews

- 22 years old, married 2 years.
- 11B – deployed twice to Afghanistan—significant combat exposure.
- Wife cheated with best friend during last deployment.
- Had difficulties learning new Soldiers' skills.
- Because of his slowness, he was often ridiculed by peers and sometimes leadership.
- Everyone believed that he accepted the treatment as good natured ribbing.
- Starting to give away some personal belongings.



ROLE PLAY EXERCISE

STP 21-1-SMCT
HEADQUARTERS
DEPARTMENT OF THE ARMY
Soldier's Manual of Counseling



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Ask you
• Have the
question,
• Ask the q
Are you th
yourself?

Care for y
• Calmly con
do not use
• Actively list
standing an
• Remove any
could be use

Escort your
• Never leave yo
• Escort to chai
Chaplain, beha
professional, o
provider
• Call the Nation
Prevention Lifel
TA - 095 - 0510



Stigma –
belief that getting help will
cause others to think less of
you.

*Stigma isolates
...makes problems
LARGER!*

*Help a buddy,
....save a life.*

*Getting help
yourself is a sign of
strength.*

Your job—set the example:

- Don't tolerate bullying or embarrassing people.
- Get help yourself if you need it.
- Offer to help someone in need.
- Maintain climate of trust / respect.

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press 1
(text 838255)

Europe: 00800 1273 8255
or DSN 118
(may not be toll free for all carriers)

www.militarycrisisline.net
(online chat)

*Time for a quick
ACTION DRILL*

- Local Emergency Resources (Dial 911)
- Military Police/Civilian Police
- Your chain of command
- Hotlines--trained people 24/7/365
 - Military Crisis Line (National Suicide Prevention Lifeline)
 - 800-273-TALK (8255) press 1
 - Text 838255
 - Europe: 00800 1273 8255 or DSN 118
(may not be toll free for all carriers)
 - Korea 0808 555 118 or DSN118
 - www.militarycrisisline.net
(online chat)
 - OEF Crisis Line
 - ROSHAN: 070-113-2000, wait for dial tone and dial 1-1-1
 - DSN/NVOIP 1-1-1 or 318-421-8218
 - Service members can also receive support by e-mailing OEF CrisisHotline@afghan.swa.army.mil



www.militarycrisisline.net
(online chat)

Thank You!!

ACE for Soldiers

Ask, **C**are, **E**scort

Using your smartphone or tablet,
navigate to the Army Suicide
Prevention Program (ASPP) webpage,
using the QR Code to the right or by
going to www.preventsuicide.army.mil



- Choose some links to explore
- For example, look for:
 - Military Crisis Line
 - Military OneSource
 - Community Resource Guides

Insert Slide Title or Unit Logo

<This space is provided for
the trainer to insert local
information such as ...

- Resources
- Tools
- Policies
- POCs >

